

City of Torrance

5-0 and on the go!

Promoting fitness, fun, and friendships

JANUARY/FEBRUARY 2017




It's time to renew your membership!

5-0 and on the go! membership dues are \$5.00 per person.

Persons who live outside of Torrance are welcome to join. Your membership includes:
The bi-monthly **5-0 and on the go!** newsletter, announcing special events, tours, exercise classes, Senior Centers schedules, activities, lunch menus, and much more!

PLEASE RENEW YOUR MEMBERSHIP BY FEBRUARY!

TO RENEW YOUR MEMBERSHIP:

-  Complete the enclosed registration card (If the card is missing, they are available at all of our centers) Couples may use one card by including both names on the same card. Be sure to include apartment or space number and zip code. **Please print legibly!**
-  Mail the registration card, a self-addressed stamped envelope and a check payable to the City of Torrance **TO: Bartlett Senior Center, 1318 Cravens Ave. Torrance, CA 90501**
-  For in person registration, bring your registration card with cash or check to the Bartlett, Tillim, Walteria Park, or Friday Recreation Center Seniors programs.



Torrance Travelers

ON THE GO AGAIN!

Register for WINTER 2017 excursions on:

Friday, January 6, 2017

9:00 to 11:00 a.m.

Ken Miller Recreation Center

3341 Torrance Boulevard in Torrance

(Near Madrona and Torrance Blvd. behind the Torrance Plunge)

Torrance resident registration begins at 9:00 a.m.

Non-resident registration begins at 10:00 a.m.

Payment may be made by check or credit card only!

Sorry, we cannot accept cash.

Please make checks payable to the *City of Torrance*.

For openings after January 6, 2017 or for cancellations, please call 310/618-2720.

For tour information, please call our Tour Information line at 310/618-2468.



City of Torrance Community Services Department ♦ RECREATION DIVISION
3031 Torrance Blvd., Torrance, CA 90503 ♦ 310/320-5918 ♦ www.Recreation.TorranceCA.Gov

"Creating and Enriching Community through People, Programs and Partnerships"



RIVERSIDE RAIL TOUR

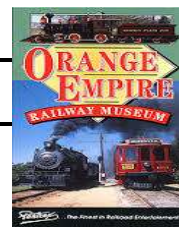
Wednesday, January 18, 2017

LEAVES FROM WILSON PARK at 8:00 a.m.

RETURNS at approximately 6:00 p.m.

Torrance resident fee: \$87.00

Non-resident fee: \$97.00



The **Orange Empire Railway Museum** has been preserving Southern California's railway history since 1956. We'll spend the morning on a guided tour where we'll explore the West's largest collection of railway locomotives, passenger and freight cars, streetcars, interurban electric cars, buildings, and other artifacts dating from the 1870s. We'll even have a chance to ride on one of the streetcars, trolleys, or trains on the museum railway. For lunch we'll head over to the **Old Spaghetti Factory** where we'll each have our choice of: Baked lasagna: Spaghetti with Meat Sauce; or Chicken Marsala, all served with house salad, spumoni, and beverage. We'll also make a visit to **Tom's Farms**. We'll tour the farm aboard an authentic reproduction of an 1800s steam-powered train! There will be plenty of time to browse for goodies at Tom's gourmet shops!

HISTORIC HOMES OF ORANGE COUNTY

Wednesday, February 15, 2017

LEAVES FROM WILSON PARK at 8:00 a.m.

RETURNS at approximately 5:30 p.m.

Torrance resident fee: \$95.00

Non-resident fee: \$105.00



Discover Orange County of yesteryear on this great day trip! We begin our day with a guided tour of the home of world famous Shakespearean actress, **Helen Modjeska**. New York architect Sanford White designed the rambling white cottage with several porches, a Palladian window, and picturesque gables. Named "Arden," the century old home stands in a grove of white oak on the banks of Santiago Creek in Modjeska Canyon and has been designated a **National Historic Landmark**. Then we're off to the **Rib Trader Restaurant** for their delicious Chicken and Rib Combo with Coleslaw, Baked Beans, Cornbread, Dessert, and Beverage. Our last stop of the day is for a tour of the **Bradford House**. Built in 1902 for \$8000.00, this 15-room Victorian Queen Anne style home was designated as a historical site by Orange County Historical Commission in 1978. It is an excellent example of the prosperous, turn-of-the-century ranch home. Some of the highlights include a ruby glass window, handcrafted hemlock staircase, and a double fireplace separating the library and dining room. Join us on this exciting "peek into the past" as we retrace the history of Orange County.

TANAKA FARMS STRAWBERRY TOUR

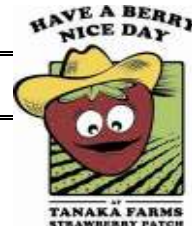
Wednesday, March 22, 2017

LEAVES FROM WILSON PARK at 10:30 a.m.

RETURNS at approximately 5:30 p.m.

Torrance resident fee: \$87.00

Non-resident fee: \$97.00



Experience life on the farm at Orange County's largest U-Pick farm! Climb aboard a tractor-driven wagon for a narrated ride around a 30-acre working farm to see how our favorite fruits and vegetables grow. While on the tour, we'll have a chance to sample many of the fruits and vegetables that we see growing. At the end of the tour, there will be more Tanaka Farms fruit to taste and we'll each receive a basket of strawberries to take home! We'll have a delicious buffet lunch at the **Huntington Beach Hotel**.



WALTERIA PARK SENIOR CITIZENS CENTER

3855 W. 242nd Street – 310/378-3862

MONDAY 12:00 noon to 4:00 p.m. * Table Games and Pinochle *

THURSDAY 12:00 noon to 4:00 p.m. * Table Games and Hand & Foot *

Coffee and cookies always just 30¢!

Experience Monday Pinochle! Drop in any time and get in the game! We're working on forming a Bridge group, so if you're into Bridge, give us a call any Monday from 12 noon to 4:00 p.m. and let's get started!

CALENDAR OF EVENTS

January 6 9:00 – 11:00 a.m.	<i>Torrance Travelers Tours Registration</i>	Ken Miller Recreation Center 3341 Torrance Blvd. in Torrance
January 17 10:00 a.m.	<i>Tillandsia (air plant) Jellyfish!</i>	Tillim Senior Citizens Center 3612 W. Artesia Blvd. in Torrance
February 14 11:30 a.m.	<i>Valentine's Luncheon</i>	Bartlett Senior Citizens Center 1318 Cravens Ave. in Torrance
February 22 10:30 a.m.	<i>Healthy Living: Preventing Pre-Diabetes and Diabetes</i>	Katy Geissert Civic Library Meeting Room

Tillandsia Jellyfish!



Tuesday, January 17, 2017
10:00 a.m.

Fee: \$2.00 plus materials
Tillim Senior Center

3612 W. Artesia Blvd., Torrance

Join us for a fun workshop and create
your own Tillandsia jellyfish! You'll learn
about Tillandsias (air plants) and how to care
for them. All materials will be provided!

To register, call 310-329-1889



Torrance Loving Care "TLC" Tuesdays

First Tuesdays ~ 9:30 - 11:30 a.m.

Tillim Senior Center 3612 W. Artesia Blvd., Torrance 310/329-1889

Join our monthly crafts workshop on the first Tuesday of each
month and create greeting cards, which are sent to many helping
organizations including Children's Hospital, women's shelters, Veteran's
Hospital, and our men and women serving in the Armed Forces.

FRIDAY RECREATION CENTER SENIORS

Ken Miller Recreation Center - - - - 3341 Torrance Blvd.
Fridays only * (Near Madrona and Torrance Blvd., behind the Torrance Plunge)

Intermediate Cardio Salsa * 9:25 - 10:55 a. m.

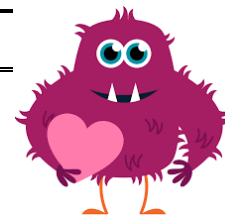
Fee: \$45.00/Semester (winter term 1/3/17 - 3/22/17)

Engage in an aerobic work-out while learning new dance steps and routines for physical fitness and performance.
This class is for those who have taken Beginning or who have some experience in Latin or ballroom dance.

Beginning Cardio Salsa * 11:05 a.m. - 12:35 p.m.

Fee: \$45.00/Semester (winter term 1/3/17 - 3/22/17)

Roland teaches you salsa, meringues, and line dancing all in this terrific aerobic work-out!
*Classes are offered in cooperation with Torrance Adult School Older Adult Program (310/533-4689)
and the City of Torrance Community Services Department.*



HERMA TILLIM CITIZENS CENTER

3612 W. Artesia Blvd. 310/329-1889

Tuesday, Wednesday, and Thursday ☺ 9:00 a.m. to 3:00 p.m.

TUESDAY	9:00 a.m. - 3:00 p.m.	Bridge and Table Games
	9:30 a.m.	Jewelry Workshop w/ Diana 2nd Tuesday of the month
	9:30 - 11:30 a.m.	Torrance Loving Care "TLC" Greeting cards workshop 1st Tuesdays of the month
WEDNESDAY	9:30 a.m.	Gentle Fitness and Chair Dancing
	12:30 - 3:00 p.m.	Movie Matinee 1st Wednesday of the month
THURSDAY	9:00 a.m. - 3:00 p.m.	Center is Open
	12:30 - 3:00 p.m.	Bingo – Play Bingo with friendly people. We have a very nice group, and a great caller! Please bring a canned good or non-perishable item worth \$1.00

Tillim Movie Matinee! Join us for movies at Tillim Center!

First Wednesday of Each Month at 12:30 p.m.

January 4, 2017: *Annie*

Rated PG

Featuring: Cameron Diaz, Rose Byrne, and Jamie Foxx

February 1, 2017: *Night at the Museum: Secret of the Tomb*

Rated PG

Featuring: Ben Stiller, Rebel Wilson, and Robin Wright

Movie for March: *The Thin Man*



BARTLETT SENIOR CITIZENS CENTER

1318 Cravens Avenue 310/320-5918

HOURS: MONDAY through SATURDAY – 8:00 a.m. to 4:00 p.m. SUNDAY - 12:30 to 4:00 p.m.

Hot, nutritious lunches served MONDAY through FRIDAY at 11:30 a.m. for the low cost of \$2.50. Please make reservations at least 24 hours in advance. If you need to cancel, please call so that others may take your place.

Card Games, Table Games, and Pool playing all day, every day, plus the following scheduled activities:

MONDAY	8:05-9:35 a.m.	“Fitness Difference for Seniors” Fee: \$69.00/Term (1/3/17 - 3/22/17) Co-Sponsored by Torrance Adult School - Older Adult Program (310/533-4689)
	9:30 a.m.-12:30 p.m.	Lapidary Workshop Wrap-around Safety Glasses are Required!
TUESDAY	9:00 a.m.-12:00 noon	Shuffleboard
WEDNESDAY	8:05-9:35 a.m.	“Fitness Difference for Seniors” Fee: \$69.00/Term (1/3/17 - 3/22/17) Co-Sponsored by Torrance Adult School - Older Adult Program (310/533-4689)
	9:00 a.m.-3:00 p.m.	Beadwork Workshop
THURSDAY	9:00 a.m.	Ceramics Workshop
	9:30 a.m.-12:30 p.m.	Lapidary Workshop Wrap-around Safety Glasses are Required!
	12:30 p.m.	Thursday Afternoon at the Movies
FRIDAY	9:30-11:30 a.m.	Open Crafts Workshop
	12:30-2:30 p.m.	Seniors Open Discussion Group
SATURDAY	9:00 a.m.	Cards and assorted table games are played
	9:30 a.m.	“The Swinging, Singing Seniors” Newcomers WELCOME!
	9:30-11:00 a.m.	South Bay Strummers Ukulele Group
	12:30 p.m.	Saturday Afternoon at the Movies
SUNDAY	12:30-4:00 p.m.	Bartlett Center is Open! Drop on in!

Special Notes: Legal Advice is available by appointment on the first Tuesday of the month at 11:00 a.m. and the third Tuesday of the month at 1:30 p.m. Please call 310/320-5918 to make an appointment.

HICAP (Health Insurance Counseling and Advocacy Program) - Counselor Doris Herzog provides free assistance with Medicare and other health insurance information on the first and third Wednesday of each month.

Please call 310/320-5918 to make an appointment.

Free computer training is available by appointment on Monday afternoons.

Please call 310/320-5918 for more information or to make an appointment.



Ceramics Workshop

Join us on Thursday mornings and make beautiful ceramic items: dishes, vases, home decor, and so much more! You'll be amazed at how beautiful your work will be when it's painted and fired!

Every Thursday 9:00 a.m. – 12:00 noon

Bartlett Senior Citizens Center

1318 Cravens Avenue in Torrance – 310/320-5918

Fee: \$2.00



THURSDAY AND SATURDAY MATINEES!
FREE MOVIES AND POPCORN
BARTLETT CENTER CONFERENCE ROOM AT 12:30 P.M.



January 5 and 7	<i>Annie</i> Rated PG	Cameron Diaz Rose Byrne Jamie Foxx
January 12 and 14	<i>Into the Woods</i> Rated PG	Anna Kendrick Johnny Depp Meryl Streep
January 19 and 21	<i>Selma</i> Rated PG-13	David Oyelowo Tom Wilkinson Carmen Ejogo
January 26 and 28	<i>The Thing Called Love</i> Rated PG-13 for language.	Robert Duval Michael Caine Haley Joel Osment
February 2 and 4	<i>Night at the Museum: Secret of the Tomb</i> Rated PG	Ben Stiller Rebel Wilson Robin Wright
February 9 and 11	<i>The Good Lie</i> Rated PG-13 for thematic elements, some violence, brief strong language, and drug use.	Reese Witherspoon Corey Stoll Thad Lukinbill
February 16 and 18	<i>The Hundred-Foot Journey</i> Rated PG	Helen Mirren Om Puri Manish Dayal
February 23 and 25	<i>The Thin Man</i> Not Rated	William Powell Myrna Loy Maureen O'Sullivan
March 2 and 4	<i>Song One</i> Rated PG-13	Anne Hathaway Johnny Flynn Mary Steenburgen

SEATING IS LIMITED TO 25 PEOPLE - NO RESERVED SEATS - DOOR OPENS AT 12:00 NOON!
FEATURED FILM SELECTION IS SUBJECT TO CHANGE DUE TO AVAILABILITY!



SEA-AIRE SENIOR CITIZENS GOLF CLUB

Sea-Aire Park - 22730 Lupine Drive – 310/543-4653 - 9 holes

Meets Every FRIDAY from 8:30 to 11:00 a.m.

Upcoming general meetings are January 6 and February 3, 2017

If you are a senior and would enjoy getting out for a morning of “pitch and putt” competition and good fellowship, come on out and see what we have to offer!



Free Computer Training at the Bartlett Center

Discover that using a computer is easy!

Monday Afternoons by Appointment

For more information, contact the Bartlett Center at 310/320-5918



Let's Play Shuffleboard!

Floor shuffleboard is a fun game that challenges the mind and reduces stress. Shuffleboard is relatively easy and gentle, needing only a light touch to send the discs gliding down the court with speed and ease! Some of the **Health Benefits** include: it increases cardiovascular health; helps release stress; provides mental stimulation and healthy cognitive functions; and it works muscles! Shuffleboard is a game anyone can play! Beginners are always welcome and we'll show you how!

Tuesdays from 9:00 a.m. to 12 noon

Bartlett Senior Center

1318 Cravens Avenue in Torrance



☞ FOCAL POINT PROGRAM ☞

The Focal Point on Aging is an information and referral program where older adults, caregivers and their families can obtain ready access to a full range of available services including: transportation, housing, Meals-On-Wheels, health care, companion care, Medicare, social and legal services, HMOs and more.

Focal Point is open Monday through Friday from 9:00 a.m. to 3:00 p.m.

For more information, call 310/320-1300 or 310/320-5918

THE "SENSELESS" KILLER



CAN YOU TELL WHAT IT IS?

Scratch and Sniff ...

Every year, nearly 300 people in the United States die from this toxic gas.

Can you tell... can you smell... what gas it is?

THE ANSWER

You probably couldn't guess the answer from the "scratch and sniff." That's because the poisonous gas that kills nearly 300 people in their homes each year has no smell. What's more, it has no taste and no color.

The gas is **carbon monoxide (CO)**, and it is truly a "senseless" killer.

WHAT IS CARBON MONOXIDE?

Carbon monoxide (CO) is produced by burning any fuel. Therefore, any fuel-burning appliance in your home is a potential CO source.

When appliances are kept in good working condition, they produce little CO. Improperly operating appliances can produce fatal CO concentrations in your home. Likewise, using charcoal indoors or running a car in a garage can cause CO poisoning.

SYMPTOMS OF CO POISONING

Carbon monoxide poisoning can kill you. The initial symptoms of CO are similar to the flu (but without the fever). They include: Fatigue; Headache; Dizziness; Nausea; and Irregular breathing

Remember, if you have any of these symptoms, and if you feel better when you go outside your home and the symptoms reappear once you're back inside, you may have CO poisoning.

SOURCES OF AND CLUES TO A POSSIBLE CARBON MONOXIDE PROBLEM

Room Heater; Furnace; Charcoal grill; Range; Water Heater; Auto in closed garage; and Fireplace.

WHAT TO LOOK FOR

Rusting or water streaking on vent/chimney; Loose or missing furnace panel; Sooting; Loose or disconnected vent/chimney, connections; Debris or soot falling from chimney, fireplace, or appliance; Loose masonry on chimney; Moisture inside of windows; Internal appliance damage or malfunctioning components; Improper burner adjustment; and Hidden blockage or damage in chimneys.

WHAT CAN YOU DO?

Make sure appliances are installed according to manufacturer's instructions and local building codes.

Most appliances should be installed by professionals.

Have the heating system (including chimneys and vents) inspected and serviced annually.

Follow manufacturer's directions for safe operation.





Examine vents and chimneys regularly for improper connections, visible rust or stains.

Notice problems that could indicate improper connections, visible rust or stains.



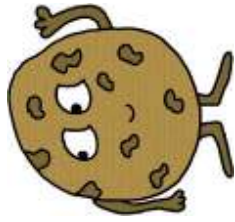
Common Household Locations That May Leak Carbon Monoxide (CO)

Notice problems that could indicate improper appliance operation:

-  Decreasing hot water supply
-  Furnace unable to heat house or runs constantly
-  Sooting, especially on appliances
-  Unfamiliar or burning odor

For additional safety, **INSTALL A CO DETECTOR!**

Torrance Fire Department ~More Than A Fire Department



Bartlett Café


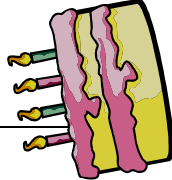
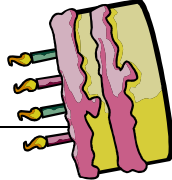




Bartlett Senior Citizens Center Lunch Program ~ January 2 - 27, 2017

1318 Cravens Avenue, Torrance

11:30 a.m. \$2.50 per lunch Coffee 50¢ (free refills all day)

FOR RESERVATIONS, PLEASE CALL: 310/320-5918



Monday, January 2	Tuesday, January 3	Wednesday, January 4	Thursday, January 5	Friday, January 6
Bartlett Center is Closed 	Fish Almandine Scalloped Potatoes Zucchini Dessert 	Roast Pork Mashed Potatoes Glazed Carrots Dinner Roll Birthday Cake 	Spaghetti Marinara w/ Italian Sausage Green Salad Garlic Bread Dessert	Chef's Salad Dinner Roll Chocolate Bartlett Tartlet
Monday, January 9	Tuesday, January 10	Wednesday, January 11	Thursday, January 12	Friday, January 13
Tamale Pie Green Salad Chips & Salsa Fresh Fruit Dessert	Fish w/ Tomatoes, Olives, & Capers Broccoli-Garlic Angel Hair Pasta Garlic-Cheese Toast Dessert	Beef Stew Green Salad Biscuit w/ Honey Cherry Jello w/ Fruit	Thai Chicken Steamed Rice Broccoli Dessert 	Sloppy Joes Potato Salad 3-Bean Salad Dessert
Monday, January 16	Tuesday, January 17	Wednesday, January 18	Thursday, January 19	Friday, January 20
 Bartlett Center is Closed	Grilled Ham & Cheese Sandwich Potato Salad Chips Dessert	Herbed Chicken Potatoes au Gratin Peas Dessert 	Grilled Ham Scrambled Eggs Hash Browns Biscuit Fruit Cup	Chicken Tacos Spanish Rice Refried Beans Dessert
Monday, January 23	Tuesday, January 24	Wednesday, January 25	Thursday, January 26	Friday, January 27
Chicken Florentine Bow Tie Pasta Green Salad Dessert	Bean & Cheese Burrito Spanish Rice Corn Salad Dessert 	Pork Chop Mashed Potatoes Broccoli Applesauce Dessert	Tuna Melt 3-Bean Salad Fresh Fruit Dessert	Fish Veracruz Spanish Rice Spinach Chips & Salsa Dessert



Bartlett Café

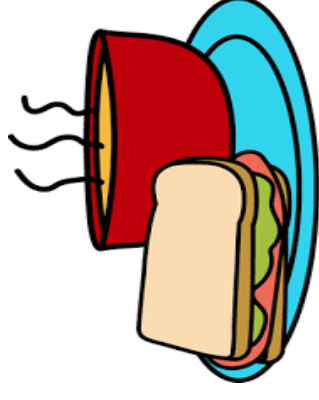
Bartlett Senior Citizens Center Lunch Program


January 30 – February 3, 2017

11:30 a.m. 1318 Cravens Avenue, Torrance

For reservations, please call 310/320-5918.

\$2.50 per lunch Coffee 50¢ (free refills all day)



Monday January 30	Tuesday January 31	Wednesday February 1	Thursday February 2	Friday February 3
Shepherd's Pie	Fish & Chips	Chili Size	Soup du Jour	Tuna Melt on Rye
Salad	Coleslaw	Waldorf Salad	½ Sandwich	Macaroni Salad
Dessert	Garlic Bread	Cornbread	Goldfish®	Fritos®
	Dessert	Vanilla Ice Cream	Dessert	Dessert







Bartlett Café

Bartlett Senior Citizens Center Lunch Program ~ February 6 – March 3, 2017

1318 Cravens Avenue, Torrance

11:30 a.m. \$2.50 per lunch Coffee 50¢ (free refills all day)

FOR RESERVATIONS, PLEASE CALL: 310/320-5918

Monday, February 6	Tuesday, February 7	Wednesday, February 8	Thursday, February 9	Friday, February 10
¼ lb Hot Dog Baked Beans Macaroni Salad Dessert	Corn Chowder ½ Grilled Ham & Cheese Sandwich Goldfish® Dessert	 Roast Pork Mashed Potatoes Peas & Carrots Dinner Roll Birthday Cake	Salisbury Steak Steamed Rice Vegetable Dessert	 Parmesan Fish Linguini w/ Garlic Sauce Broccoli Garlic Bread
Monday, February 13  Lincoln's Birthday (Observed) Bartlett Center is Closed	Tuesday, February 14 Swedish Meatballs Noodles Vegetable Dessert	Wednesday, February 15 Oven Fried Fish Tater Tots Green Beans Chocolate Chip Ice Cream	Thursday, February 16 BBQ Pulled Pork Sandwich Coleslaw Potato Chips Orange Jello	Friday, February 17 Chicken Tacos Spanish Rice Refried Beans Chips & Salsa Strawberry Ice Cream
Monday, February 20 Presidents' Day  Bartlett Center is Closed	Tuesday, February 21 Lasagna w/ Meat & Spinach Green Salad Garlic Bread Butter-Pecan Ice Cream	Wednesday, February 22 Creamy Baked Chicken Wild Rice Medley Vegetable Dessert	Thursday, February 23 Baked Fish Home Fries 3-Bean Salad Dessert	Friday, February 24 Beef-Barley Soup ½ Egg Salad Sandwich Carrot Sticks Cookies
Monday, February 27 Meat Loaf Mashed Potatoes Vegetable Dessert	Tuesday, February 28 Fiesta Fish Cilantro-Lime Rice Corn & Black Bean Salad Chips & Salsa Lemon Tartlet	Wednesday, February 29 Spinach, Mushroom, & Cheese Quiche Bacon Hash Browns English Muffin Fruit Cup	Thursday, February 25 Patty Melt w/ Grilled Onions French Fries Green Salad Dessert	Friday, February 26 Pork Chop Mashed Potatoes Vegetable Applesauce Lemon Jello



CITY OF TORRANCE

Community Services Department
3031 Torrance Boulevard
Torrance, CA 90509-2970

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